

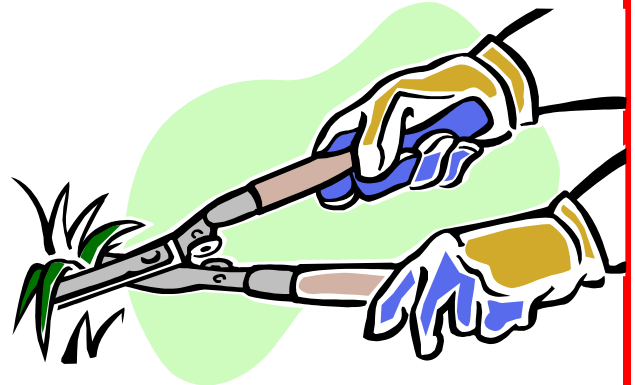


# *Fall* **Clean-up Safety**



*Yard work does not end simply because summer is over. Here are some safety tips for tackling autumn tasks around your home.*

- When lifting heavy bags of mulch, use a wheelbarrow when possible, and remember to lift with your legs, not with your back.
- Be careful when pruning. Pruning from a ladder is especially dangerous.
- To avoid blisters when doing yard work, wear gloves.



## **Rake Leaves, Not Nerves**

Here's a nifty little hint for autumn. Placing foam rubber over the handles of rakes - or simply wrapping the handles in foam tape to fatten them - makes them easier to hold and reduces the stress placed on the tendons and median nerve in the palm. The same technique works great with brooms and other handled tools.

## **Bee Nice**

If you're stung by a yellow jacket, don't smash it, especially if there's a nest nearby. When destroyed, a yellow jacket's venom sac releases a chemical that incites other yellow jackets to attack.